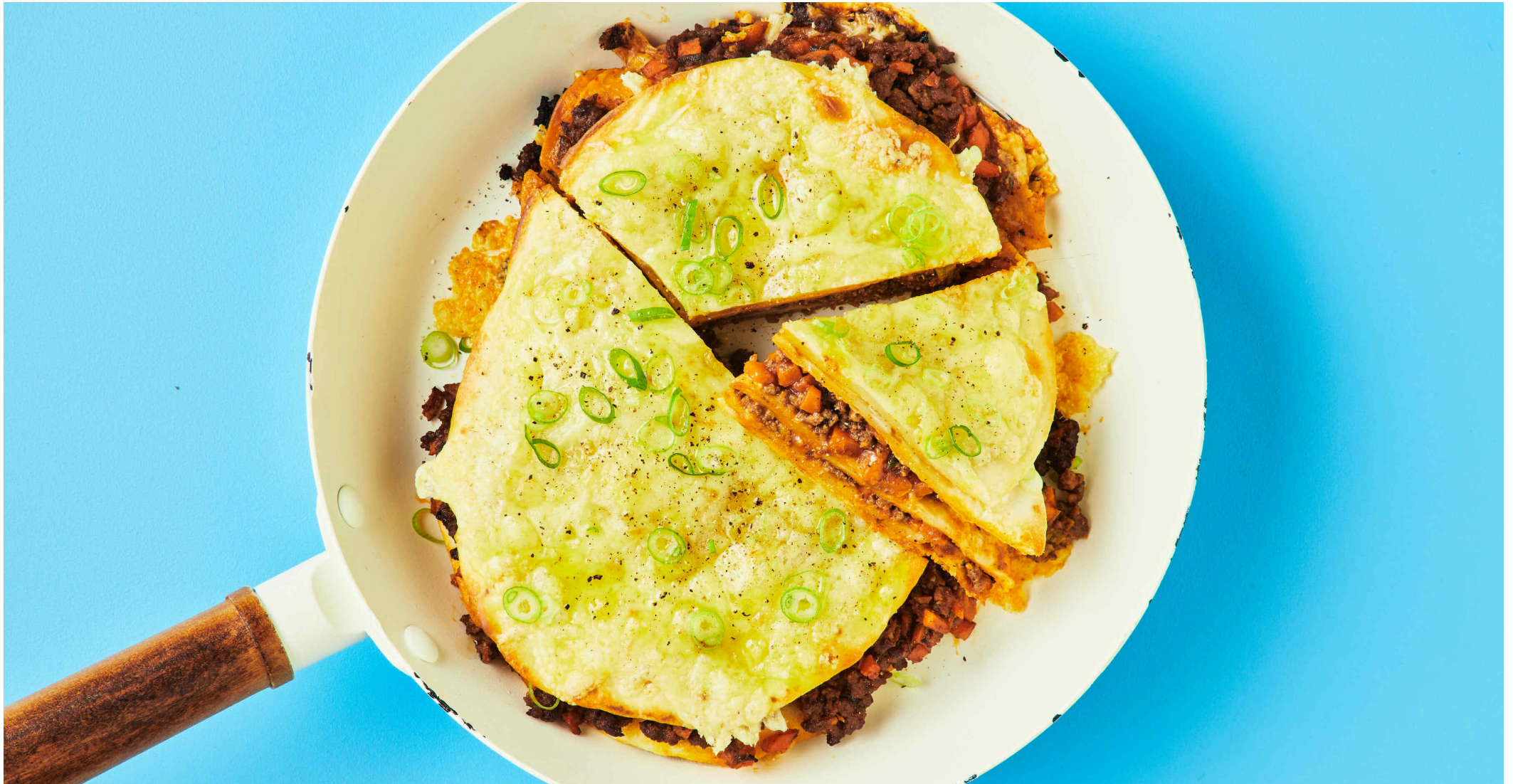


# DINNERLY



## One-Pan Beef Tortilla Lasagne with Cheddar Cheese



30 minutes



2 Servings

Everyone will drool over this lasagne–taco hybrid. Simply layer tortillas with a smoky beef filling, then scatter with cheese and bake until melted. Too easy!

## WHAT WE SEND

- 1 carrot
- 1 spring onion
- 50g cheddar <sup>7</sup>
- beef mince
- 10g smoky barbecue seasoning <sup>17</sup>
- 6 flour tortillas <sup>1</sup>

## WHAT YOU NEED

- 2 garlic cloves
- 1 tsp olive oil
- 2 tbs tomato paste
- 2 tsp soy sauce <sup>6</sup>
- 1 tsp sugar

## TOOLS

- box grater
- medium deep ovenproof frypan

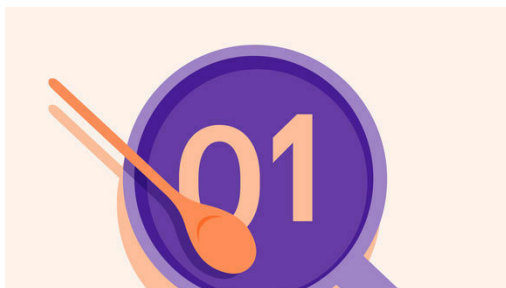
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

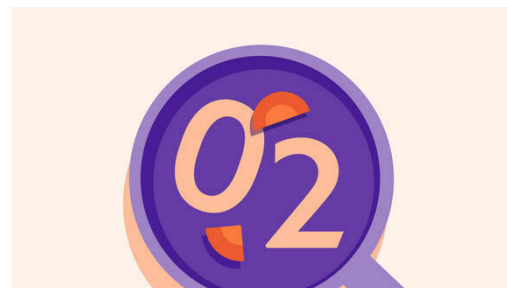
## NUTRITION PER SERVING

Energy 795kcal, Fat 41.1g, Carbs 51.4g, Proteins 52.0g



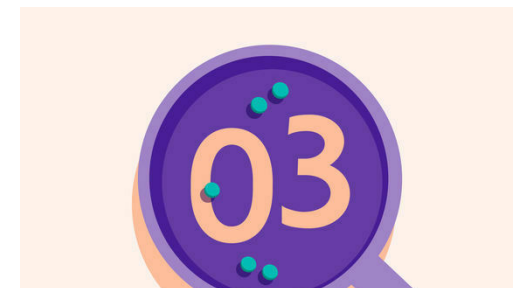
### 1. Prep ingredients

Preheat the oven to 220C. Peel the **carrot** and finely chop. Thinly slice the **spring onion**, keeping the white and green parts separate. Crush or finely chop **2 garlic cloves**. Coarsely grate the **cheese**.



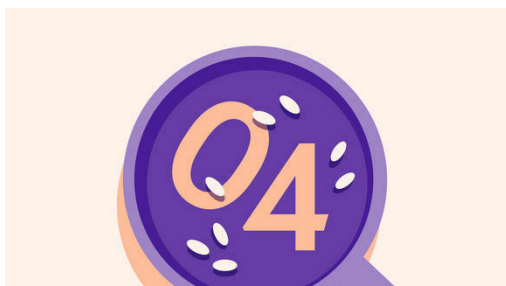
### 2. Brown beef

Heat **1 tsp olive oil** in a medium deep ovenproof frypan (see Kitchen hack) over medium-high heat. Cook the **beef mince** and **carrot**, breaking up the lumps with a spoon, for 4-5 mins until the beef is browned and the carrot is slightly softened. Add the **white part of the spring onion**, **garlic** and **barbecue seasoning** and cook, stirring, for 1 min or until fragrant.



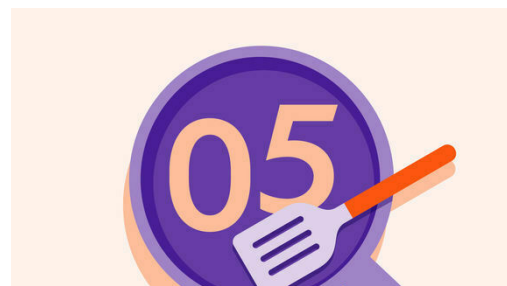
### 3. Simmer beef mixture

Stir **2 tbs tomato paste**, **2 tsp soy sauce**, **1 tsp sugar** and **125ml (½ cup) water** into the beef mixture and bring to the boil. Reduce the heat to medium and cook for 5 mins or until thickened. Taste, then season with **salt and pepper**. Remove from the pan.



### 4. Assemble tortilla lasagne

Put **2 tortillas**, slightly overlapping, in the same pan, then top with **half the beef mixture**. Repeat with another **2 tortillas** and the **remaining beef mixture**. Top with the **remaining tortillas**, then scatter over the **cheese**.



### 5. Bake and serve up

Bake the **tortilla lasagne** for 10 mins or until the cheese is melted and the edges are slightly crisp. Divide among plates, scatter over the **remaining spring onion** and enjoy!



### 6. Kitchen hack

Don't have an ovenproof frypan? Use a regular frypan to cook the beef mixture, then assemble the tortilla lasagne in a greased baking dish and bake as instructed.